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SENIOR GAMES



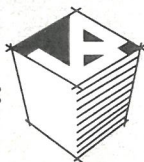
SILVER ARTS
Of Lee County

United in the Spirit of Competition

April 18 thru May 25, 2022

This program is sanctioned by North Carolina Senior Games. NCSG is sponsored state wide by the NC Division of Aging.

Registration Packets Printed Compliments of:



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GENERAL INFORMATION

- OPEN TO:** All Lee County residents who are 50 years of age and better. Age on December 31st will determine the category in which the athlete will compete. Participants will compete against others of their own gender and age group as follows: 50-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+. A participant must be a North Carolina resident for a minimum of three (3) consecutive months of the year.
- EVENTS:** All events are listed on the Registration Form. Athletes may enter as many events as desired (except swimming when only six events are allowed and tennis when only two events are allowed.) If events overlap, a choice may have to be made. Be aware that tournament events may hinder participation in other events.
- ENTRY FEE:** Deadline for entering games is March 20th: \$15.00. After March 20 (but by March 31st.) \$20.00. The Liability Waiver/Medical Form must be signed for the entry to be valid. SilverArts participants will be required to pay the registration fee. The registration fee entitles each participant to opening reception, and entry into events and/or SilverArts. Those entering the events and SilverArts are required to pay the \$15.00 entry fee only one time. This fee covers both categories.
- EQUIPMENT:** Participants in the following events will supply their own equipment: GOLF - clubs and balls; TENNIS - racquet and one can of balls; Cycling - your own bike
- EXTRA FEES:** Participants entering golf and bowling must pay extra for use of equipment and facilities. Guests attending Opening Ceremonies must also pay extra fees. These fees are listed on your registration form, and must be paid at time of registration.

NO REGISTRATION AFTER MARCH 31ST.

AWARDS FOR ATHLETIC EVENTS: Gold, silver, and bronze medals will be awarded to the top three finishers in each age category, male and female divisions, in each event. Medal winners will be eligible for North Carolina State Finals and will be mailed an entry form. The State Finals registration deadline for registration is August 1st and is strictly enforced.

It is your responsibility to register for State Finals.

FOR MORE INFORMATION CALL:

Lee County Enrichment Center - 919-776-0501 Ext. 2207

REPORTING TIMES: All participants for Senior Games Events must report to the event at least 15 minutes prior to their first event. You will receive your confirmation packet in the mail.

RULES: All events will be conducted in accordance with the 2022 edition of the NC Senior Games, Inc. Official Rules Book. Amendments may be made as required by the Events Director.

INCLEMENT WEATHER: In case of inclement weather, information regarding postponement or cancellation of events/activities may be obtained by calling the: Enrichment Center 919-776-0501 Ext. 2201.

For weekend events call 919-842-9809

SPECIAL ACTIVITIES

OPENING CEREMONIES	Wednesday, April 20th	5:30 p.m.	Enrichment Center
SILVERARTS:	May 1st - May 31st		Enrichment Center
Visual, Literary, Heritage Arts Display			
PERFORMING ARTS:	Wednesday, April 20th	6:15p.m.	Enrichment Center

Please submit your artwork for display by April 30th.

SENIOR GAMES and SILVER ARTS OF LEE COUNTY

April 18 - May 25, 2022

REGISTRATION

1. Complete the Silver Arts entry form if competing in Silver Arts.
2. Complete the official entry form if competing in sports events.
3. Artist and athletes complete the medical information on page 4.
4. Read and sign the liability waiver on page 4.
5. Include total payment and make checks payable to: Senior Games Of Lee County.
If mailing registration form, mail to: Senior Games & Silver Arts Of Lee County
1615 S. Third Street
Sanford, NC 27330
6. If registering at the Lee County Parks & Recreation Dept. or the Lee County Enrichment Center, you may leave the fee and registration form at that site.
7. Take the rest of this information with you for future reference.

REGISTRATION FEE

Early Bird: \$15.00 (by March 20th.)

Late Registration Fee: \$20.00 (by March 31st.)

Sponsored By:

Lee County Senior Services
Lee County Parks & Recreation Department

2022 Sponsor

BRIGHT

Audiology

Brighter Hearing - Better Living

COMPLETE ONLY IF ENTERING IN SILVERARTS

(only one Registration Fee of \$15.00 must be paid)

\$15.00 - By March 20th: \$20.00 - By March 31st

EMAIL: _____

Name _____ Birth date _____
Last First Middle Month/Day/YearAddress _____
Number-Street Name City State Zip

County _____ Phone Number _____ (Circle) Male/Female

T-Shirt Size: (Circle) Small Medium Large X-Large XX-Large

VISUAL ARTS: _____**HERITAGE/FOLK ART:** _____**PERFORMING ARTS:** _____

____ Oil
____ Acrylics
____ Drawing
____ Watercolor
____ Pastels
____ Photography (Please Check Box)
 ☐ Digital
 ☐ Film
____ Sculpture
____ Mixed Media

____ Quilting (Hand Stitched)
____ Quilting (Machine Stitched)
____ Needlework
____ Woodworking
____ Weaving
____ Basket Weaving
____ Tole Painting
____ Woodcarving
____ Crocheting
____ Knitting
____ Jewelry
____ Thrown & Hand Built Pottery
____ Stained Glass
____ Wood Turning

____ Dance
____ Vocal
____ Instrumental
____ Comedy
____ Drama
____ Line Dancing
____ Cheerleading

LITERARY ARTS: _____

____ Poems
____ Short Stories (Fiction)
____ Essays/Articles
 (Not Autobiography)
____ Life Experiences

Brief Description of Performance / Title of piece _____

____ Group (state number in group) _____ Name _____ Solo

Equipment Necessary:

____ Piano _____ Microphone _____ Chairs _____ Other (specify) _____

SilverArts Liability Waiver

(Must be Signed)

I understand that, although every effort will be taken to insure the proper care of artwork and performance accessories, Senior Games Of Lee County, the SilverArts committee and all organizations associated with the Games are not liable for loss, theft or damage to any work or item. Likewise, they are not liable for literary work lost or damaged in the mail.

Artist's Signature_____
Date

OFFICIAL REGISTRATION FORM

Name _____ Birth date _____
Last First Middle Month/Day/Year

Address _____
Number-Street Name City State Zip

Phone Number _____ (Circle) Male/Female Email _____

T-Shirt Size: (Circle) Small Medium Large X-Large XX-Large

First year in Senior Games? (Circle) YES NO **(NO REGISTRATION FEE FOR FIRST YEAR PARTICIPANT)**

GAME FEES - Fill in appropriate Blanks

_____ \$15.00 Registration Fee (until March 20) _____ \$10.00 Opening Dinner Guest
_____ \$20.00 Registration Fee (until March 31) _____ \$35.00 Golf, Green, Cart & Lunch Fee
(Only \$10.00 if Sanford Golf Course Member.)

Monday, April 18

___ Pickleball (Singles) 7 p.m.

Wednesday, April 20

___ Golf 10 a.m. ___ Opening Ceremonies 5:30 p.m.
___ Silver Arts Follies 6:15 p.m.

Thursday, April 21

___ Cycling, 5K 9 a.m. ___ Cycling, 10K 9:30 a.m.
___ Cycling, 1 mile 10 a.m.
___ 5 K Run 10:30 a.m. ___ 10 K Run 10:30 a.m.

Friday, April 22

___ Table Tennis, Singles 4 p.m. ___ Table Tennis, Doubles 4:30 p.m.
___ Table Tennis, Mixed Doubles 5 p.m.
Table Tennis Partner _____ Age _____
Table Tennis Partner _____ Age _____

Saturday, April 23 - Track Events 9:00 a.m. - Field Events 11:00 a.m.

___ 50 M Dash ___ 100 M Dash ___ 200 M Dash
___ 400 M Run ___ 800 M Run ___ 1500 M Run
___ Shot Put ___ Discus Throw ___ Running Long Jump
___ Standing Broad Jump

Monday, April 25

___ Pickleball (Doubles) 7 p.m. ___ Pickleball (Mixed Doubles) 7 p.m.
Pickleball Partner _____ Age _____ Pickleball Partner _____ Age _____

Thursday, April 28

___ Cornhole, Women 70+ 9:30 a.m.

Friday, April 29

___ Cornhole, Men 70+ 9:30 a.m.

Monday, May 2

___ Silver Striders Fun Walk 9:30 a.m. ___ Wii Sports Bowling 10 a.m.
___ Basketball Shoot 4 p.m.

Friday, May 6

___ Badminton ___ Singles ___ Doubles ___ Mixed Doubles 10 a.m.
Badminton Partner _____ Age _____ Badminton Partner _____ Age _____
___ Tennis, Singles 4 p.m.
___ Tennis, Doubles 4:30 p.m. Tennis Partner _____ Age _____
___ Tennis, Mixed Doubles 5 p.m. Tennis Partner _____ Age _____

Monday, May 9

___ Shuffleboard, Men 70+ 9 a.m. ___ Horseshoes, Men 4 p.m.

Tuesday, May 10

___ Shuffleboard, Women 70+ 9 a.m. ___ Horseshoes, Women 4 p.m.

Thursday, May 12

___ Bocce, Men 70+ 9 a.m. ___ Bocce Women 70+ 1 p.m.
___ Bocce, Men 50-69 5 p.m. ___ Bocce, Women 50-69 6 p.m.

Friday, May 13 Swimming - 1:00 p.m. - Maximum of 6 Events

50 yards ___ Butterfly ___ Backstroke ___ Breaststroke ___ Freestyle
100 yards ___ Butterfly ___ Backstroke ___ Breaststroke ___ Freestyle
200 yards ___ Butterfly ___ Backstroke ___ Breaststroke ___ Freestyle
500 yards ___ Freestyle
100 yards ___ Ind. Medley (Butterfly, Backstroke, Breaststroke, Freestyle)
200 yards ___ Ind. Medley (Butterfly, Backstroke, Breaststroke, Freestyle)
400 yards ___ Ind. Medley (Butterfly, Backstroke, Breaststroke, Freestyle)

Saturday, May 14

___ Croquet 10 a.m. ___ Softball Throw 10:30 a.m.
___ Football Throw 11 a.m.

Monday, May 16

___ Shuffleboard, Men 50-69 5 p.m. ___ Shuffleboard, Women 50-69 6 p.m.

Wednesday, May 18

___ Cornhole, Men 50-69 5 p.m. ___ Cornhole, Women 50-69 6 p.m.

Wednesday, May 25

___ Closing Ceremonies/Heritage, Visual and Literary Arts Awards Reception 3 p.m.

Time and location to be announced: ___ 3 on 3 Basketball

RELEASE AND INDEMNITY AGREEMENT

I, the undersigned participant, do hereby waive, release and discharge the Senior Games and Silver Arts Of Lee County, Lee County Senior Services, the Lee County Parks & Recreation Department, including sponsors, directors, referees, hosts or organizers thereof, their agents, servants, employees, representatives or assigns, or any person, firm or corporation associated therewith (hereinafter sometimes referred to as the "Games Sponsors"), of any and all claims, demand costs, expenses, and/or consequential damage for illness, injury or otherwise, arising out of or in any way resulting from my participation in such competition.

I further agree to indemnify, save and hold harmless the Games Sponsors from any and all actions, causes of action or claims of whatsoever kind or nature which I now may have, or at any time in the future may have, as a result of injury or illness arising out of or from my participation in the Senior Games and Silver Arts Of Lee County. I further agree to hold harmless the Games Sponsors from any damage, loss, or theft that might occur while art work is on display.

I am in good enough physical condition to safely participate. I acknowledge that I am strongly urged to consult my doctor before participating. I hereby grant permission for emergency medical treatment, including transportation to a medical facility, if necessary.

I understand that it is my sole responsibility to register for State Finals. I also understand that NCSG must receive my registration form by August 1st at Midnight.

I grant to Senior Games and Silver Arts Of Lee County the free and unrestricted right to use my name and picture in any broadcast, telecast or other written or photographic account of the Senior Games and Silver Arts Of Lee County without my remuneration.

Date: _____ Signature: _____

I will _____ or will not _____ be attending Opening Ceremonies April 20th.

I will _____ or will not _____ be attending Closing Ceremonies May 25th.

Please complete all questions below. **PLEASE PRINT CAREFULLY:**

Name _____ Date of Birth _____

Address _____ City/State _____

M _____ F _____ in Emergency Notify: _____ Phone #: _____

Your Doctor's Name _____ Phone #: _____

I. HEALTH HISTORY: Check any conditions which apply to you. (optional)

Kidney Trouble _____
Low Blood Pressure _____
High Blood Pressure _____

Fainting _____
Diabetes _____
Seizures _____

Heart Trouble _____
Arthritis _____
Bronchitis _____

II. ALLERGIC REACTIONS

Bee Sting _____

Penicillin _____

Other _____

III. List Medications that you are currently taking:

SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS

- All persons entering SilverArts must be 50 years of age or better as of December 31st, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals.
- Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Requirements, will not be considered in the judging process.
- See SilverArts Guidelines for general requirements.

A. Heritage Arts

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- All framed entries must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed entries can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photo of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- The heritage arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

B. Visual Arts

- All artwork, except sculpture, must be framed (or gallery wrapped), securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Mixed media may be a freestanding piece.
- Freestanding entries must be able to be displayed in an area 3'(W) x 3' (L) x 5' (height).
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- The visual arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

C. Literary Arts

- All entries must be typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. A minimum font size is 10-pt type (preferably "times new roman or arial").
- Poems can be no longer than 40 lines.
- Short stories, essays, and life experiences can be no longer than 8 pages.
- All entries must have a title page, which includes title of entry, sub-category, and name of artist.
- Artist's name must not appear on the content pages.
- A display-quality copy of the winning Literary Arts entries, and two (2) additional copies, should be submitted to NCSG by the artist with their official State Finals Entry Form and SilverArts Information Form. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG.
- The literary arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

D. Performing Arts

- An artist may only have one (1) entry per size of act in each sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing is the performer's responsibility and begins with the first note of music or the first movement visible to the audience and ends with the exit of the last performer from the stage or final movement of the act.
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will be counted to determine size of act. No one under age 50 as of Dec. 31st will be permitted on stage and an accompanist must be a registered participant.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- If recorded music is used, music must be a high quality CD or an mp3 file on a flashdrive or sent via online registration. Music must be sent with the State Finals Entry Form and SilverArts Information Form. No recorded instruction is permitted. This should be the only track on the CD/flashdrive or electronic file. Music may be picked up following the performance. It cannot be mailed/returned.
- At State Finals, NCSG can provide the following items: chairs, microphone(s), piano and sound system. The act is responsible for all other props and equipment and must get NCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- Voice presentations must be a live performance by the artist. Background music can be recorded. Lip-synch is not permitted as a performing art.
- The Group Leader, who must be a participant, must complete the SilverArts Information Form for the group and submit it with their State Finals Entry Form and each member of the group must submit their own personal State Finals Entry Form by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals.

2022 Senior Games and Silver Arts of Lee County Schedule of Events

Day/Time	Location
Monday, April 18	
7:00 p.m. Pickleball, Singles	First Baptist Church
Wednesday, April 20	
10:00 a.m. Golf	Sanford Golf Course
5:30 p.m. Opening Ceremonies	Enrichment Center
6:15 p.m. Silver Arts Follies	Enrichment Center
Thursday, April 21	
9:00 a.m. Cycling, 5K	CCCC ETC
9:30 a.m. Cycling, 10K	CCCC ETC
10:00 a.m. Cycling, 1 Mile	CCCC ETC
10:30 a.m. 5K and 10K Run	CCCC ETC
Friday, April 22	
4:00 p.m. Table Tennis, Singles	Enrichment Center
4:30 p.m. Table Tennis, Doubles	Enrichment Center
5:00 p.m. Table Tennis, Mixed Doubles	Enrichment Center
Saturday, April 23	
9:00 a.m. Track Events	Lee County High School
11:00 a.m. Field Events	Lee County High School
Monday, April 25	
7:00 p.m. Pickleball, Doubles/Mixed Doubles	First Baptist Church
Thursday, April 28	
9:30 a.m. Cornhole, Women 70+	Enrichment Center
Friday, April 29	
9:30 a.m. Cornhole, Men 70+	Enrichment Center
Monday, May 2	
9:30 a.m. SilverStrider Fun Walk	Enrichment Center
10:00 a.m. Wii Sports Bowling*	Enrichment Center
4:00 p.m. Basketball Shooting	Bob Hales Center
Friday, May 6	
10:00 a.m. Badminton	First Baptist Church
4:00 p.m. Tennis, Singles	Lee Co. Tennis Center
4:30 p.m. Tennis, Doubles	Lee Co. Tennis Center
5:00 p.m. Tennis, Mixed Doubles	Lee Co. Tennis Center

Day/Time	Location
Monday, May 9	
9:00 a.m. Shuffleboard, Men 70+	Enrichment Center
4:00 p.m. Horseshoes, Men	Enrichment Center
Tuesday, May 10	
9:00 a.m. Shuffleboard, Women 70+	Enrichment Center
4:00 p.m. Horseshoes, Women	Enrichment Center
Thursday, May 12	
9:00 a.m. Bocce, Men 70+	Enrichment Center
1:00 p.m. Bocce, Women 70+	Enrichment Center
5:00 p.m. Bocce, Men 50 – 69	Enrichment Center
6:00 p.m. Bocce, Women 50 – 69	Enrichment Center
Friday, May 13	
1:00 p.m. Swimming Events	Ingram Family YMCA
Saturday, May 14	
10:00 a.m. Croquet	Tramway Road Park
10:30 a.m. Softball Throw	Tramway Road Park
11:00 a.m. Football Throw	Tramway Road Park
Monday, May 16	
5:00 p.m. Shuffleboard, Men 50 – 69	Enrichment Center
6:00 p.m. Shuffleboard, Women 50 – 69	Enrichment Center
Wednesday, May 18	
5:00 p.m. Cornhole, Men 50 – 69	Enrichment Center
6:00 p.m. Cornhole, Women 50 – 69	Enrichment Center
Wednesday, May 25	
3:00 p.m. Closing Ceremonies/Heritage, Visual, Literary Arts Awards Reception	Enrichment Center
TBA 3 on 3 Basketball	
*Denotes a non-qualifying event for State Finals	